



Mazique Cooking Class

Hands-on cooking and tasting

Join Our Monthly Cooking Class to Prepare Healthy Foods

Our monthly cooking classes are designed to provide practical cooking skills, healthy meal ideas, and opportunities to connect with other families while supporting their child's nutrition and development at home..

Location

Montly: Days to be shared
@ Edward C. Mazique
Parent Child Center,
1719 13th Street, Northwest
Washington, DC 20009



Outcome

- Learn healthy food choices for young children
- Encourage positive eating habits at home
- Understand balanced and nutritious meals
- Explore age appropriate nutrition guidelines
- Build confidence in supporting family wellness